



THE FLAME



Volume XVIII Issue X

"Put out" by the Camas Valley Fire Department Auxiliary

November 2018

Circle Dec. 1st !

The Annual Firemen's Appreciation Dinner puts the fun in fundraising and is fast approaching. **Doors open Sat. Dec. 1st at the Grange at 5 pm, dinner starts at 6pm.** No admission charge but do bring a side dish or dessert to compliment the meats, mashed potatoes, gravy, and drinks supplied by the Fire Dept. and Auxiliary and the rolls provided by **Leo Payne**. Save your cash to bid on those **Silent Auction** items or better yet, the **Quilt Auction** offerings.

Baking more your style? Donate your favorite goodie to the **Bake Sale** for those who cannot resist a homemade treat. For the newcomer, it is wise to arrive early so you can snatch up your favorite goodie, check out all the auction items, and pick up a tag or two at the **Angel Tree** to share the Christmas spirit, so you can sit, savor a fantastic meal, and get to know your neighbors better before the freewheeling fun begins!

Santa's helpers have loaded up on some great gifts for the Santa set. They receive 6 tickets at the door to enter raffles for their favorite gifts. Every child goes home with a treasure. Action begins at the **Kid's Korner** about 6:30.

Silent Auction usually closes bidding at 7:30. Drawing for the **Bear Quilt Raffle** follows and the **Quilt Auction** caps the evening with fevered bidding and lucky winners. You have to be there to believe it!

Donations? Contact Vonnie at 541-445-2355.

THANKS!

Thank you to our donors! You pulled us back from the brink so we can visit your mailboxes for several more months!



Quilt Raffle

Bear hunters and bear lovers will agree that this quilt is a must have. With matching cub pillows, Linda Underhill has really gone above and beyond in providing an excellent raffle quilt for the benefit of the **Fire Dept. Building Fund**. As always, the tickets for this queen-sized bear hug are only **\$1/ticket** and available at:

- ♦ The Bravo,
- ♦ Market Plus,
- ♦ DC Coop in Winston and
- ♦ the ever-present Betty.

The drawing will be held during the **Firemen's Appreciation Dinner on Saturday, Dec. 1st**. Mark your calendar!

We appreciate your support!

The Flame received donations from

Juanita Saul
Leo & Sherri Payne
Robert & Ann Wegman
Darlene & Larry Merrill
Scott Schmidt
Steve & Denise Scott
this month.

The Flame is published using donations only. They may be mailed to:

Vonnie Wallace
1200 Westside Road
Camas Valley, OR 97416

Please make checks payable to
Camas Valley Rural Fire District
and designate them for
THE FLAME.

THE FLAME

The Flame is a monthly publication of the Camas Valley Rural Fire District Auxiliary. The mission of this newsletter is to keep the residents of Camas Valley informed about the events and activities of the fire department, churches, school and civic organizations that are in Camas Valley.

The Flame is provided free to all residents of Camas Valley by mail and anywhere by email.

To submit articles:

Items must be in by the **25th** of
the month **prior** the issue
publish date.

Submit to:

Jan Baker at **541-680-5616**
Judith Wickham at **541-733-6940**
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley

The Camas Valley Volunteer Fire Dept. and the Auxiliary really appreciate the use of the Grange Hall for the Annual Firemen's Appreciation Dinner. The maintenance for our community's "social hall" is paid for by the \$7 /meal you pay for each delicious meal. What a deal!

- ♦ Community lunch, **Tues. Nov. 6th** at noon. Bingo afterwards.
- ♦ Business mtg., **Tues. Nov. 13th** at 10 am. To plan future meals.
- ♦ There will be **NO Senior Lunch** due to the Thanksgiving holiday. Hope yours is filled with food, family, and fun!

W-D Food Pantry

The Food Pantry is ramping up for the holiday season. While donations of seasonal favorites always help, cash donations translate into getting bulk discounts for turkeys and hams, big sacks of potatoes/ yams and maybe a little something extra for the holiday. Support the Winston-Dillard Food Pantry by writing a check to :

W-D Food Pantry
c/o Betty Wittrock
PO Box 213
Camas Valley, OR 97416
or call Betty at **541-445-2855.**



Email Flame issues are handy!

Email allows you to keep friends and family that have left the valley to keep up with the events that affect this community. **Or maybe you would just like to get the Flame (in color!) early, by the 26th.**

Send name and email address to:

jwickham52@gmail.com

and an electronic copy will be sent to them each month, **free.**



Camas Valley United Methodist Church
will be hosting a

Christmas Bazaar

the second Saturday in November,

Nov. 10th

Set-up 8-9 am

Sale 9 am-3 pm

Tables rent for \$5.

(Please call by **Thurs. the 8th** to make your reservation so we can be sure to have enough tables and food.)

We will supply some ambiance and hot drinks. A little music piped gently in the background maybe. Hot soup lunch will be supplied to sellers so they can remain with their tables.

Christmas crafts, surplus decorations and ornaments that you just don't have room for anymore, holiday art pieces, you name it, we want to see it!

Find that Hallmark ornament you missed, start a new household off with some Christmas cheer, get into the holiday mood or find some inspiration, this is the place to be!

Questions/reservations
Call Debbie 541-430-6015 or Judith 541-733-6940



American Red Cross
Cascades Region

Free Smoke Alarm Installation

You may have
as little as
2 MINUTES
to escape a
burning home
before it's too late.



CALL
503-528-5783
to schedule an appointment.

The Red Cross responds to an average
of two home fires every day in our region.

A working smoke alarm can cut the risk of
death from a home fire in half.

The Red Cross Home Fire Campaign aims
to reduce death and injury by installing free
smoke alarms in homes that need them.

There are three easy ways to get free
smoke alarms installed by trained
Red Cross volunteers:

1. Call:
503-528-5783
2. Online:
www.redcross.org/CascadesHomeFire
3. E-mail:
preparedness@redcross.org

In Oregon, this campaign is in partnership with the Office of the State Fire Marshal.



***Daylight savings ends
Sunday Nov. 4th***

Yay! An extra hour of sleep!

An estimated 30 million Americans (9.4 percent) have *diabetes* with another 84 million Americans with what we would call *prediabetes*. While prediabetes does not indicate you have the disease, you should be aware that you will need to make life changes to prevent full-blown diabetes from developing in you. Without intervention, an estimated 15 to 30 percent of those with prediabetes will develop diabetes over the next five years.

Our body produces insulin, a hormone that tells the glucose (sugars) how to be used in our body – sometimes used as immediate energy or stored in cells for later use. Two things can happen, either the body does not produce enough insulin, or the body is not able to use the insulin properly. If too much glucose stays in the blood, you may need medication.

Obesity Epidemic – Many Americans are overweight. Participants in a federal study for diabetes prevention showed that those with a 5 to 7 percent of weight loss had a 58 to 71 percent decrease in their risk of developing diabetes. Being overweight can make our cells resistant to insulin.

In the Genes – It may be in your genes, which places you at higher risk of developing diabetes. You can estimate your risk by visiting the American Diabetes Association and taking the risk test: <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>.

The Cost – The cost can average \$13,700 a year for a person with diabetes, with \$7,900 directly relating to the diabetes alone. Remember that diabetes can cause other problems too, i.e. problems with your feet and eyes, as well as your heart. It is important to maintain good control of your blood sugars.



Best Solutions

- ♦ See your healthcare provider. Share your typical day with your provider so that they might help you identify changes that may affect your care management.
- ♦ Join a diabetes prevention program, which locally may be found at **Mercy Medical Center or the YMCA, or by calling the Douglas County Court House at (541) 440-3608** to get more information.
- ♦ Exercise more. Keep moving. Even a 10-minute walk after meals or 30 minutes a day can be helpful.
- ♦ Make small changes to the way you eat. Try switching from soda to water, or adding more lean protein to your diet. Changing your diet will be an important step in the prevention and maintenance of diabetes.

(See *Diabetes* pg. 6)

(Diabetes from pg. 5)

- ♦ Check your blood sugars if you are not already doing so. The best checks are before your meals, one to two hours after meals, and/or at bed-time. Just one of these checks will give you a better idea of where your blood sugar is running. Record and share these readings with your healthcare provider. A normal blood sugar before meals without diabetes is 70-99 mg/dL, two hours after eating less than 140 mg/dL. With diabetes the American Diabetic Association recommends 80-130 mg/dL.

Remember that preventative measures can be effective against your developing diabetes. If you have diabetes, maintaining good control of your diet, medication, and close follow-up with your healthcare provider will help you maintain a healthy life.

<https://health.usnews.com/health-care/patient-advice/articles/2017-11-02/november-is-national-diabetes-awareness-month-why-thats-important>
<https://wa.kaiserpermanente.org/healthAndWellness/index.jhtml?item=%2Fcommon%2FhealthAndWellness%2Fconditions%2Fdiabetes%2FinsulinProcess.html>

Getting ready for winter holidays *by Ketti Walker*

1. Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
2. When in doubt, always sift flour before measuring.
3. When baking in a glass pan, reduce the oven temperature by 25 degrees.
4. Nut breads are better if stored 24 hours before serving.
5. To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
6. For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.

Enjoy the cold winter months, stay safe, smile

MARK A MUG:

What you will need:

- different colors of nail polish
- 1 big plastic container full of water
- 1 tooth pick
- 1 plain mug
- permanent colored markers

START

- 1) pour some nail polish into water (tip-- mix all kinds of colors)
- 2) swirl the polish with the toothpick to create a marble effect
- 3) dunk the bottom half of the mug into the nail polish and water. The marbled pattern will stick.
- 4) let the mug dry upside down
- 5) once it dries, write a colorful message with your permanent markers.

Make it personal so your special person knows it's just for them.

ATTENTION!

The **CVC Project** has been a great success with our September and October work days!! Our local kids have helped Camas Valley seniors with yard and housework and are excited for our November date!! There's still room for your needs to be met. ***The Project will be taking a break in December, but will be accepting requests for our January work date.***

Camas Valley Cares Project Request Form

Name of community member:

Type of project:

Phone number:

Address for project:

Send this slip to:

**Camas Valley Cares,
P.O. Box 213
Camas Valley, OR 97416**

Or call: **Kimberly Carter
(541) 733-6343**

Camas Valley Business Directory



It is a new year! Has your business changed? Please review your listing and update for our readers.

To have your business included in the **Flame**, please fill out the form below and mail or email it to the address listed. *If you missed the opportunity to get your business listed, now is the time to get your information out before our readers!*

Type of Business

Name of Business

Owner/
Contact person

Phone
Number(s)

Days
open _____

Hours
open _____

Mail form to: **Judith Wickham
150 Buck Springs Rd.
Camas Valley, OR 97416**

Or email information to :
jwickham52@gmail.com

The directory will be printed when space allows through-out the year. We encourage our readers to patronize local businesses and support your neighbors!

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

**Turkey Gulch
Alpacas**
LaVon Newman
Sun.-Sat., 10-5
541-445-0804

Animal Caretaker

**Animal Caretaker
For Hire**
livestock and domestic
animals
Elissa Eckman
541-662-1326
to discuss what is
needed

Art, private painting lessons

Lang Crk Studio
Kay Ganieany
Mon.-Thurs.,
by appt.
541-445-2001

Autobody repair/paint

**Green Collision
Repair/Horizon
Autobody**
Marvin & Rennae
DeVoogd
M-F, 8-5
541-679-6100

Beauty, health and gift

**Lord and Lady
Lavender**
Beth McNamara
Online 24/7
lordandladylavender.com
Anytime
408-857-8782

Beauty products

Avon
Mary Helen Banks
www.youravon.com/
mhelenbanks
541-643-6317

Beauty shop

Scissor Trix
Jennie Plikat
By appt.
541-733-1919
**Or in Green at
4886 Grange Rd.
541-236-7086**

Christmas trees, U-cut / wholesale

**Calico Christmas
Trees**
Contact:
Shari White
Nov. & Dec.
7 days/wk 9-4:30
**541-445-2350/
541-670-0458**

Construction, building

AMSI
Bill Lindsey
Mon.-Sat., 8-7
541-643-0366

Dump runs/yard help

Lanakila Peck
Open to calls
541-643-2313

Electrical Contractor

Alan Sabin Electric
Alan Sabin
Generac generator
Sales/maintenance/
Installation/repair
M-S 7am-6pm
**541-440-3792
541-445-2070**

Eng. consulting design/ drafting

TV Design, LLC
Troy I. Vanderhoof,
P.E.
M-F, 9:00-17:00
541-643-0138

Garbage Disposal

**Camas Valley
Disposal**
Scott & Darla
Standley
Wkly. Wed. pick-up
541-45-2245

Health and wellness

**Plexus worldwide
Supplements**
Charman Shields
541-430-3600
www.plexusslim.com/
charmanshields

Honey bees, hive removal, classes on honey bees

Phill the Bee Guy
Phill Moulton
phillthebeeguy@gmail.com
503-349-8463

Horses

Boarding/consult/train
**Blue & Gold
Stock Farm**
Marge Vilas
Every day, 10-5
541-430-4225

Housekeeping

Maid in the Shade
Lisa Muller
541-430-1974

Jewelry, decorative/ therapeutic

**Mommy & Me
Jewelre**
Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Locksmith, keys /locks

**Camas Valley Key
Shop**
Bruce Jehning
7days/wk
24 hr. emerg.
541-445-2014

Machine quilting

Sew Fun
Linda Underhill
Call for appt.
541-580-2814

Museum/restaurant

Noah's Ark
Irvn /Shirley Thrush
S-F, 9-dark,
Sat. 2-dark
541-784-1261

Music

Parker Piano
Piano lessons for all
ages
LeAnn Parker,
instructor
541-671-3238

Notary/Post Office

CV Post Office
Vickie Farmer
M-F 8-3 Sat 10-2
**541-445-2177
541-643-5059**

Portable sawmill service

**Backwoods
Custom Milling**
Harvey Saul
541-671-1993

Real Estate, broker

**Berkshire Hatha-
way Homeservices
Real Estate
Professionals**
J.T. Berk
24/7
541-430-6078

Rental, Storage.

BK Mini Storage
Ketti & Bill Walker
7 days/wk.,
daylight-dark
541-445-2902

Sewer/underground utilities/roads/pads

**Scott Standley
Const.**
Scott & Darla
Standley
Mon.-Sat., 8-5
541-445-2245

Shetland Sheep/ English Angora Rabbits stock/ fiber

**Camas Valley
Fiber Farm**
By appt. only
541-733-6343

Shoe repair /leatherwork

Art's Shoe Repair
Joe Ferrara
T-F 9-5:30,
Sat. 9-5.
541-673-8541

Small engine repair

Hunt's Chainsaw
Theran Hunt
Mon.-Fri.
541-430-7283

November

In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning, can pull everyone from bed in a fog.
~~Cynthia Rylant

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 S.M.A.R.T. 2:15—3:15 MSGBB home Riddle	2 No School	3
4 End Daylight Savings!	5	6 Community Lunch Noon Grange MSGBB home Days Creek Fire Dept. Training 7pm	7	8 S.M.A.R.T. 2:15—3:15 MSGBB @ Glendale B'day Party 5:30 @Bravo	9 No School	10 CVUM Christmas Bazaar 9-3
11	12 No School  VETERANS DAY Fire Dept. Bd. Mtg. 4	13 Grange Bus. Mtg. 10 Fire Dept. Training 7pm	14	15 S.M.A.R.T. 2:15—3:15 MSGBB @ Riddle Boosters @ 5:30 School Bd. Mtg. 7 pm	16 Fu	17
18		20 MSGBB @ Canyonville Fire Dept. Training 7pm	21 No School	22 Thanksgiving  Thanksgiving break	23 No School	24
25	26	27 MSGBB @ Days Creek Fire Dept. Training 7pm	28 Dental screening	29 S.M.A.R.T. 2:15—3:15 MSGBB home Glendale	30 No School	December 1 Firemen's Appreciation Dinner Doors open 5 Dinner 6 

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10:00 am Morning Worship 10:45 am Youth Church 11:00 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Morning Worship 10:00 am & Sunday School <u>Monday</u> Intercessory Prayer 9:00 am Youth Group 6:30 pm	<u>Sunday</u> Morning Worship 9:00 am & Children's Sunday School Fellowship 10:00 am w/ beverages and snacks <u>1st Tuesday, monthly</u> Bible Study 2:00 pm

Camas Valley Volunteer Fire Department
PO Box 220
Camas Valley, OR 97416

Non Profit Organization
US Postage Paid
Permit No. 2442
Tenmile, OR 97481
Standard Mail A

CAMAS VALLEY PO BOXHOLDER
CAMAS VALLEY, OR 97416